



Corporate Offerings



Ulick O'Beirne

Cycling Coach; Bike Mechanic; Educator

I was so impressed by how fun you made it- participant

Ulick has great passion for all aspects of cycling, he has a wonderful way of imparting the necessary skills to build knowledge and level of cycling ability- participant

Facilitator was excellent- friendly rapport and well-organised- participant

Benefits include:

Encourages healthier lifestyles in your workforce!

Encourages safety and awareness for travelling to and from work

Better awareness and productivity following activity

Building team rapport through our great team building exercises

Can help address environmental concerns and awareness

Can introduce staff to the Bike to Work Scheme

Fun & engaging!

Programmes can be delivered at your premises/ campus at a time that suits you.

Can be delivered as in house training, or perfect as part of a corporate fun day



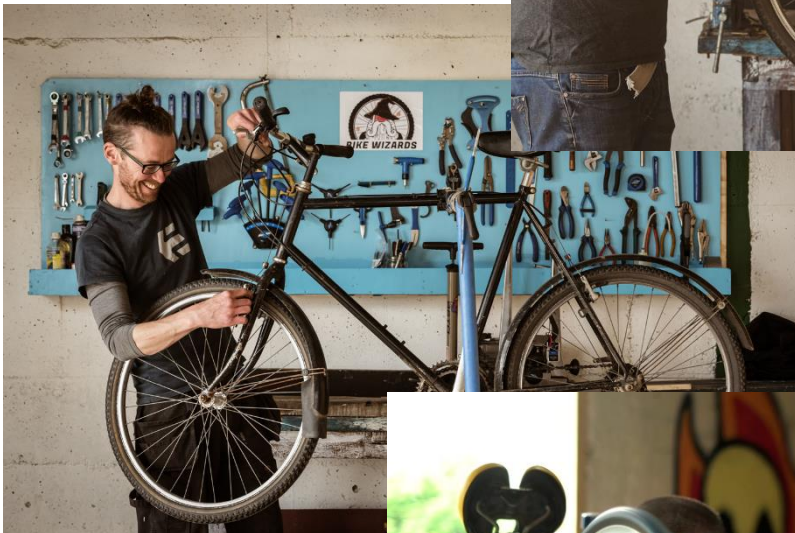
Workshop 1: Bicycle Maintenance Introductions

- How to clean and lubricate your chain
- Assessing chain wear: when to change your chain
- Chain slip, chain wear



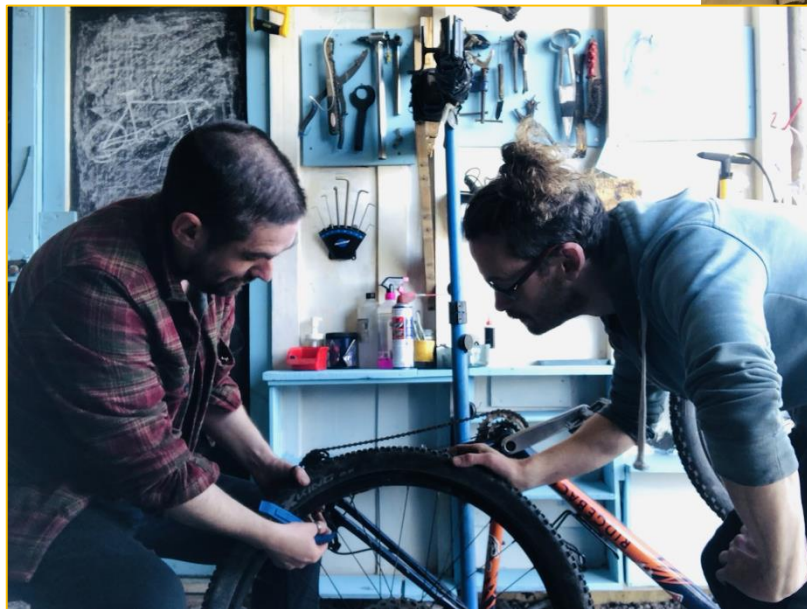
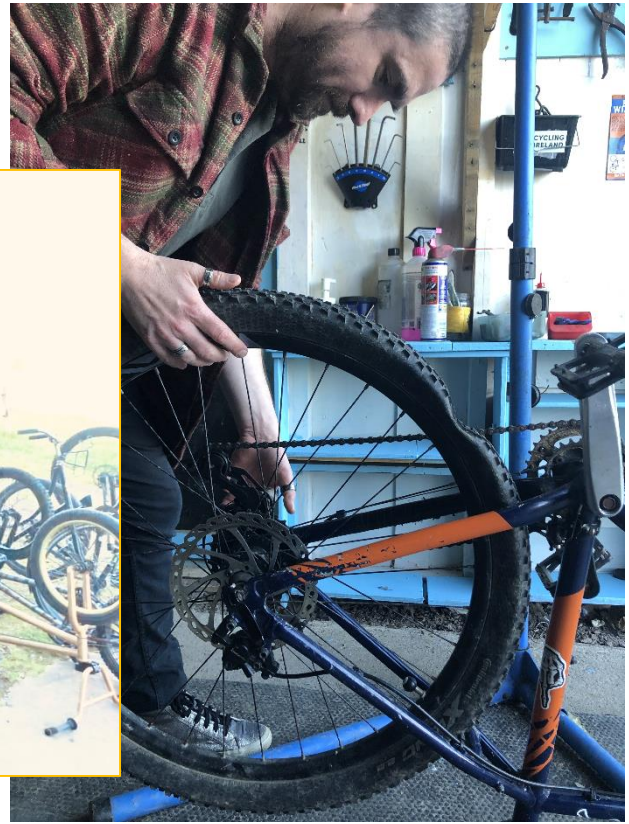
Workshop 2: Bicycle M- Check

- How healthy is your bike?
- What might that rattle or knocking be?
- Identifying parts and components on your bike.
- Understanding the mechanical processes on your bike.
- Brake and cable wear- what is too much wear?
- ABCD's (Air, Brakes, Chain, Drop): is your bike safe to cycle? Here's a simple two minute check



Workshop 3: Fix Your Flat

How to replace a flat tube should you get a puncture along the way



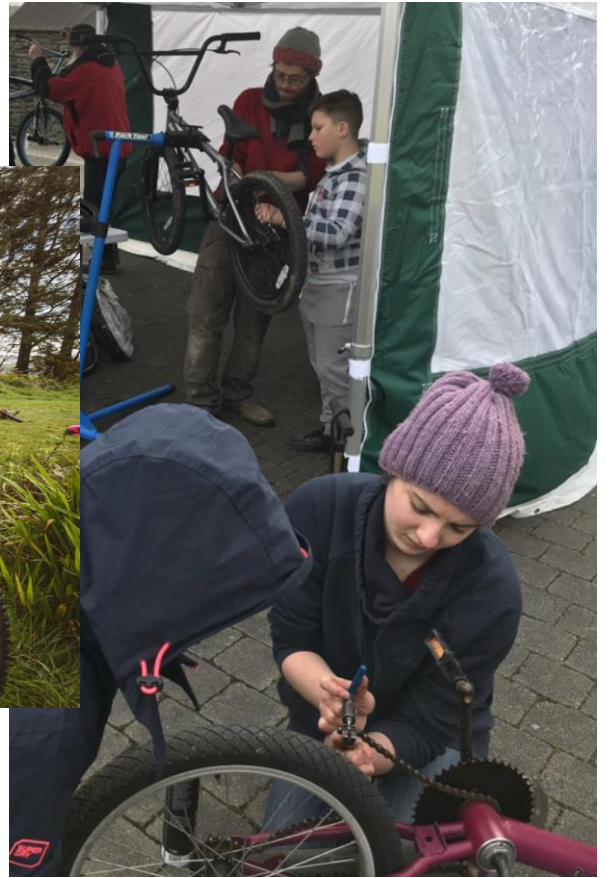
Pricing

Workshop & Materials upto 4 hours €500.00

Incl. workshop materials, learning materials for participants.

Travel included within Cork. €100 outside Cork.

Can operate in-house or as an outdoor event.



Contact:

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